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Friend of deceased appeals court ruling

CARLETON UNIVERSITY

Files say judge made 'palpable errors' in prof's pension case

Joe Lofaro
Metro | Ottawa

The former girlfriend of a deceased Carleton University professor has launched an appeal against the school after a judge ruled it erroneously paid almost $500,000 to his estate while he was dead.

Court documents filed last week say a Superior Court judge made "overriding and palpable errors" by granting a motion by the university to recoup $497,332 from the estate of retired political science professor George Roseme.

When he went missing on Sept. 9, 2007, the 77-year-old had been suffering from Alzheimer's disease.

Roseme's whereabouts remained a mystery until a neighbour's dog found his remains on his property on July 22, 2013. A coroner's report concluded the date of death was Sept. 11, 2007 — two days after his disappearance.

His lifelong friend and former girlfriend, Lynne Threlfall, oversaw the monthly $7,122 pension payments deposited into his account once she was appointed tutor to the absentee under Quebec law.

Superior Court Justice Martin Bédard agreed with the university in his Feb. 2 ruling that the payments were made "in error" because they were deposited "based on the false assumption that Mr. Roseme was alive."

Threlfall's lawyer will argue that a payment cannot be simultaneously "not an error and an error" under the Civil Code of Quebec, according to the appeal document.

The appeal alleges Bédard misinterpreted the Code and will argue "the establishment of proof of death does not retroactively rebut the presumption of life."

Threlfall's lawyer is asking the appeal court to quash the judge's decision and to dismiss Carleton's motion to recover the money.

In an email to Metro last month, university spokesman Chris Cline said Carleton "has a fiduciary obligation to the members of the Carleton Retirement Plan to pursue reimbursement of payments made after the date of his death."

$500,000

Approximate total value of the pension payments in question.

FIVE OTTAWA WOMEN
who are making a difference
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It takes a community

REFUGEES

Syrian family discusses becoming Canadian

Stephane Al Dakhil, the first of his family to be born in Canada, is the sixth member of the Al Dakhil family who are now nearly done their one-year refugee sponsorship through Holy Redeemer Roman Catholic Parish. ADAM KVETON/METROLAND MEDIA

As the Al Dakhils were surviving the fighting in Syria, members of Holy Redeemer Roman Catholic Parish were watching the situation there get worse. With encouragement from the Roman Catholic Archdiocese of Ottawa asking all parishes to consider sponsoring refugees, Holy Redeemer parishioners began their refugee committee.

From the beginning, the response from the community was strong, said Pastor Pierre Champoux.

"You might get 10, 20 people at a function of any kind, but when we were just looking for help … we filled up the room. We had too much help in fact," he said.

About 30 people volunteered, with Mary-Lou Hakansson and Cathy Deogrades agreeing to co-chair the committee.

With a parish of about 3,000 families, they were given a family of five to support for one year — the Al Dakhils.

Citizenship and Immigration Canada told the committee they would have to raise $30,000 to support the family for the coming year. That was not a problem, said Hakansson, nor was collecting donations of furniture, clothing and household items.

People seemed to come out of the woodwork to lend a hand, they said.

However, before all this, filling out paperwork was the first hurdle, and still one of the most difficult parts of the process, said Deogrades. Though it has been improved since the Al Dakhils arrived, it remains one of the biggest challenges, she said.

With the preparation done, the parish was able to greet the Al Dakhils at the airport and welcome them to Canada. Having corresponded with the family beforehand, the Al Dakhils already knew some of them.

But they would of course come to know many of them much better, especially one former parishioner who agreed to take them in: Jean Joinette.

Having the family live at someone's house when they first arrive is the approach recommended by the Catholic Centre for Immigrants, said Hakansson, and it's the method the Al Dakhils said they endorse as well.

"The church did the right thing with us," said Shadi Al Dakhil, father of the family.

> **It's not a welfare system. It's a system where we work together with them.** Bob Near

"When we arrive, Jean … she taught us English of course … practise your language, that's very useful."

Learning to speak English was the first and perhaps the biggest hurdle for the family in Canada, he said.

While the kids had studied the language at school, Kholoud, the mother of the family, and Shadi had not.

By tapping into the Holy Redeemer community and the wider Kanata community, the church's refugee committee was able to source volunteers to do proper English teaching, tutor the children, drive them where they needed to go and even provide some health care support. While there are now many programs available providing these supports, keeping these supports local has helped to create a community for the family.

Bob Near, for instance, provides driving services and introduced the children to various Canadian pastimes like tobogganing and youth programs.

Fifteen-year-old Yasar and 14-year-old Sofia are now both enrolled in Royal Canadian Air Cadet Squadron 872 and attend every Wednesday.

"They can't wait until Wednesday comes to go to air cadets," said Shadi.

Holy Redeemer's sponsorship of the Al Dakhil's is nearly finished, with about a month left marking a year since they arrived.

Now they are living in an apartment, their kids are going to school and Shadi is working part-time at Laura's Your Independent Grocer.

In the meantime, they both continue to work on their English skills as that remains a barrier for them when it comes to enrolling in programs.

The family's resilience and independence have impressed Near, who said their conduct contradicts the any negative talk about refugees.

"Some people could sit back and say, 'I need this and that, take me here, take me there.' Never happens," said Near.

"It's not a welfare system. It's a system where we work together with them."

Holy Redeemer's refugee committee is now sponsoring another family — relatives of the Al Dakhils. The family hopes that, ultimately, they can all rent a house together and share expenses.

ADAM KVETON/METROLAND MEDIA

SUPPORT

There are various organizations across the city working to coordinate the Syrian refugee support effort.

Anyone interested in sponsoring Syrian refugees, making a donation or volunteering can contact refugee613.ca.

MUSIC SCENE

Councillor to travel to Montreal

Lucy Scholey
Metro | Ottawa

Some musicians leave Ottawa for more music- and culture-oriented cities like Montreal. This week, an Ottawa city councillor is travelling to La Belle Province to find out why.

Kitchissippi Coun. Jeff Leiper is joining the city's planning and arts and culture staff for a day-long trip on Thursday to figure out how Ottawa can foster more music venues.

Montreal is more successful at hosting concerts in non-traditional locales like cafés, said Leiper. By contrast, Ottawa is "bubbling below the radar."

"We've got some great festivals. The talent is amazing. We've got world-leading talent. We don't seem to have as many venues as we need to showcase it all," he said.

The trip is timely, as City of Ottawa staff will launch a new study on cultural venues and also review the noise bylaw. These two studies go hand in hand, according to Leiper.

"Venues tend to imply tensions with residents around noise. We've got this opportunity as we're looking at both."

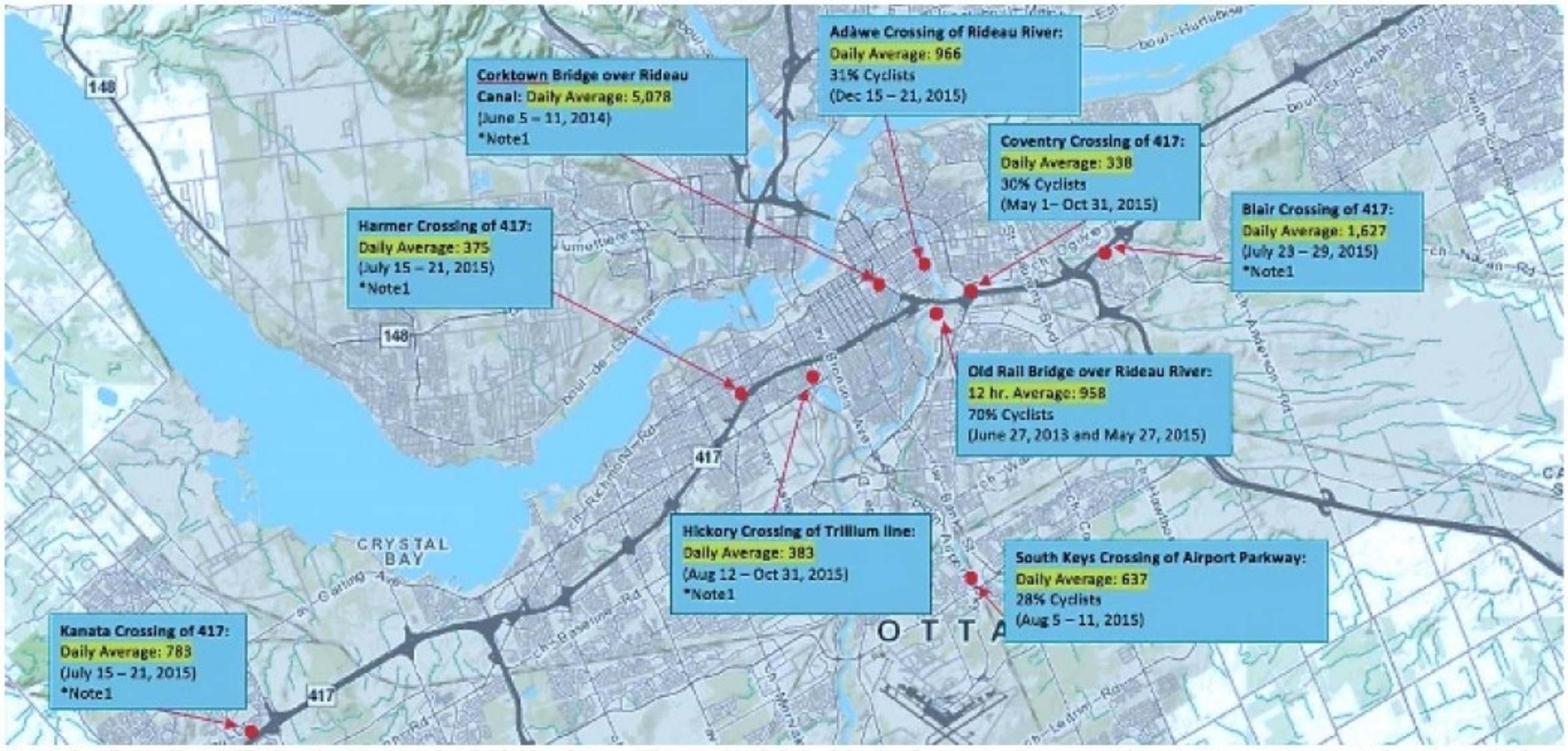
The group will meet with Tourism Montreal, the city's planning staff and visit cultural venues. Leiper plans on studying other musically inclined cities later this year.

While he said he did not win the election based on promises to boost Ottawa's music industry, the issue has become a side project for the avid concert-goer.

He participated in a music panel at this year's Megaphono festival and organized a separate talk on Ottawa's music scene of the '60s, '70s and '80s. He also encouraged council to recognize the city's music industry as an economic development priority.

Leiper's trip follows a Kelp Music report from last year, which concludes that Ottawa has the potential to be a music city, similar to Austin, Texas, home of the famed SXSW music festival. The report also says Ottawa lacks in the "key types of music companies" like labels, publishers, managers and agents.

But Leiper says labels will be attracted by a larger mass of audiences, venues, music journalism and artists who choose to launch their careers in Ottawa.



A map of cycling and foot traffic over nine Ottawa pedestrian bridges last year. The counts include weekday data from permanent automated counters, temporary automated counters and 12-hour manual screen line counts. In some cases, pedestrian and cycling data are not split up. COURTESY CITY OF OTTAWA

Most-travelled pedestrian bridges

Lucy Scholey
Metro | Ottawa

It's an Ottawa adage that Coun. David Chernushenko often hears from safe cycling advocates: if you build the pedestrian bridges, the bikers and walkers will come.

But new statistics released to Metro show that may be more the case in some parts of the city than others.

On a map of nine pedestrian crossings, the Corktown Bridge draws the highest average of daily weekday pedestrians and cyclists. Given the number of students frequenting the link between Somerset Street and the University of Ottawa, this is not surprising. Between June 5 to 11 last year, this bridge drew nearly five times the amount of the second-highest footbridge, the transit-heavy Blair Crossing.

The newly opened Coventry Road bridge, which links to the baseball stadium, saw the fewest crossings last year. That may be due to the light rail transit construction and the lack of pedestrian network to that bridge.

Chernushenko is hoping the high number of Corktown crossings will fuel his push for the Fifth-Clegg crossing to the Glebe, which he expects will see 2,000 crossings per day.

The problem with these snapshots is they are apples-to-oranges comparisons. Save for the Kanata and Harmer crossings, the sample dates differ between bridges, as do the automated counters.

"But you can see how important the bridges are for connecting communities," noted Alex deVries, of Citizens for Safe Cycling.

PEDESTRIAN BRIDGES, FROM MOST WELL-USED TO LEAST

- **Corktown Bridge over Rideau Canal**
  Daily average: 5,078
  Dates: June 5-11, 2014
- **Blair Crossing over 417**
  Daily average: 1,627
  Dates: July 23-29, 2015
- **Adawe Crossing over the Rideau River**
  Daily average: 966
  Dates: Dec. 15-21, 2015
- **Old Rail Bridge over Rideau River**
  12-hour average: 958
  Dates: June 27, 2013 and May 27, 2015
- **Kanata Crossing**
  Daily average: 783
  Dates: July 15-21, 2015
- **South Keys Crossing over Airport Parkway**
  Daily average: 637
  Dates: Aug 5-11, 2015
- **Hickory Crossing over Trillium Line**
  Daily average: 383
  Dates: Aug. 12-Oct. 31, 2015
- **Harmer Crossing over 417**
  Daily average: 375
  Dates: July 15-21, 2015
- **Coventry Crossing over 417**
  Daily average: 338
  Dates: May 1-Oct. 31, 2015

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Community turns down outdoor gym

PROJECT

Sandy Hill residents want trash, lighting improvements

Haley Ritchie
Metro | Ottawa

You can walk, run and stretch in Sandy Hill's Strathcona Park, but you won't be able to use any specialized "outdoor fitness equipment" that the city was thinking of installing.

Ward councillor Mathieu Fleury said the outdoor gym equipment, popular in other cities, is supposed to encourage adults to do strength and fitness training in public spaces. But community association Action Sandy Hill decided not to support the project, bringing an end to the proposal.

Fleury said his team distributed a flyer in every Sandy Hill mailbox and invited those who couldn't attend a consultation barbecue to leave feedback online. He said more than 80 per cent of people who responded to the idea through the flyers were supportive. Fleury said he reached out to the community association for its opinion, which came back negative after the group members launched their own consultation.

"I thought it was a bit weird. For us, we invited everyone in Sandy Hill, every mailbox," he said. "It's disappointing because when you do park improvement you want support from the entire community." Fleury said $80,000 was earmarked for the project. Action Sandy Hill recommended spreading out the equipment or putting it in another park, but Fleury said neither option was possible.

He said spreading out equipment would be too expensive and there are concerns about isolated parks where injuries wouldn't be noticed.

The city councillor said he'd continue to try to find a solution in Sandy Hill; otherwise, the equipment could go to another area in the Rideau-Vanier ward. Action Sandy Hill president Chad Rollins said the community association launched its own consultation because it wanted input from its members. The survey had 85 responses, with 55.3 per cent opposed to the equipment in Strathcona Park.

"The park is perfect as it is. Please leave it alone."

Anonymous correspondent replies to outdoor gym idea.

"We need green space, not 'fitness stations,'" wrote one anonymous correspondent. "The park is perfect as it is. Please leave it alone."

Most negative reactors said they'd prefer to see lighting and trash cans improved instead, and were concerned about disturbing the historical character of the park.

Walter Palaroan works out in Toronto at a Snider Parkette fitness park, a free gym made for working out outdoors. Community association **Action Sandy Hill** decided not to support the proposal to bring outdoor fitness equipment to Ottawa's Strathcona Park. TODD KOROL/TORSTAR NEWS SERVICE

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MISSING CHILD

Unlike some, premier backs Amber Alert TV interruption

The premier of Ontario says she wasn't upset when an Amber Alert popped up on her TV screen as she was watching Downton Abbey on Sunday night, but that wasn't the case for many Ontarians who called 911 or took to social media to complain.

Kathleen Wynne says she's all for anything authorities can do to find a missing child.

The provincial police says it is dismayed by the reaction of some in the public who complained that they were inconvenienced by the alert issued in an effort to find a missing child.

It was the first time the provincial police used the enhanced National Alert Aggregation and Dissemination system to advise about a missing eight-to-13-year-old boy that callers said was physically taken and forced into a vehicle in Orillia, Ont.

Insp. Pat Morris says the force tried the traditional investigative techniques to locate the boy, which included news releases to the media as well as taking to social media to spread the word.

He says time was against them so they decided to initiate the new system, which appeared as a red box over top of a broadcast, alerting viewers about a silver Toyota Sequoia in Orillia going to an unknown location. The boy was later found unharmed.

Premier Wynne was watching Downton Abbey at the time but is fully supportive of child-finding alert. BERNARD WEIL/TORONTO STAR

"In this case, the Ontario Amber Alert led to numerous calls from concerned citizens who provided us with information on the whereabouts of the young boy," Morris said in a statement.

"Immediate followups confirmed his location and well being." Wynne was supportive of the new system.

"I think an alert that was that pervasive and that obvious to people was a very good thing," she said.

"I was very impressed, actually, that it flashed on all of our TV screens right at a time when a lot of people would have been watching a show on a Sunday night." Ontario's Amber Alert is a voluntary co-operative plan between the Ontario Association of Broadcasters, law enforcement agencies, and the provincial transportation ministry.

Amber Alert uses highway message signs, radio, television and cable to immediately broadcast descriptions of kidnap victims, their abductors, and suspect vehicles. THE CANADIAN PRESS

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Wynne defends dinner buy-in

POLITICAL FUNDRAISING

Rivals hesitant to criticize the $6K-per-head event as shady

Premier Kathleen Wynne addresses the Ontario Liberal Party Heritage Dinner last year. **Inset:** Energy Minister Bob Chiarelli. TORSTAR NEWS SERVICE

> **The money to run a party has to come from somewhere.**
> Kathleen Wynne

Premier Kathleen Wynne denies a $6,000-a-head dinner co-sponsored with a high-powered lobbying firm is selling access to herself and her cabinet ministers.

Wynne said it's her responsibility as a leader of a party to raise money, calling it part of the democratic process and pointing out that all political parties in Ontario do both "high-end and low-end" fundraising.

"We need to follow the rules, and whatever the rules are, the money to run a party has to come from somewhere," she said Monday.

"We have to be able to raise money in order to run campaigns, in order to get our message out into communities."

Wynne and Energy Minister Bob Chiarelli will be attending the fundraising dinner co-sponsored by Sussex Strategy Group.

"I just spent two-and-a-half hours with mayors from across the region. They didn't pay a cent," Wynne said.

The premier declined to say who would be attending the dinner but said all of the donations would be posted online as required.

Ontario's opposition parties offered only muted criticism of Wynne's fundraising methods because they do pretty much the same thing.

"I think what people want to see is that fundraising is not related to public policy decisions, so there's no tie between government decisions and who it is that gives them money," said NDP Leader Andrea Horwath.

Progressive Conservative house leader Jim Wilson said he's heard the Liberals have set minimum fundraising targets for every cabinet minister and for every backbencher who wants a promotion to the cabinet table.

"I think that's more reprehensible than the fact that parties do raise money and they do have dinners," said Wilson. "It looks bad when you have a single-interest dinner, and so I'm a little suspicious about what goes on behind closed doors."

Ontario political parties have been slow to consider following the federal government's lead to ban corporate and union donations, which makes fundraising a lot more difficult for politicians.

In Ontario, people, corporations or unions can donate $9,775 to a party each year, another $9,975 to the party for each campaign period, plus $6,650 annually to constituency associations of any one party, but no more than $1,330 annually to a single constituency association. They can also donate $6,650 to candidates of any one party in a campaign, but no more than $1,330 to a single candidate.

Federally, the maximum political contribution is $1,525 to each party, plus another $1,525 in total to all the registered associations and candidates of each party.

"Are they the right rules and do we need to change who can give what? Absolutely, I think we need to look at that," said Wynne.

PC Leader Patrick Brown said he supported the federal legislation to change the rules on corporate and union donations when he was a Conservative MP.

"I have long argued that we need to clean up political party fundraising in Ontario, and I stand by that," he said.

The NDP would not take a stand on banning corporate and union donations.

"At this point I'm waiting for the government to come forward with something," said Horwath.

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People make their way along Morningside Lane on the Experimental Farm last summer.
SEAN KILPATRICK/THE CANADIAN PRESS

Civic campus site a topic of concern

DEVELOPMENT

Hospital would like to see it on experimental farm lands

Emma Jackson
Metro | Ottawa

Location, location, location.

Ottawa Hospital CEO Jack Kitts would have liked to focus on anything but the location of the new Civic campus at a public meeting Monday night.

Like, for instance, why a new hospital campus in the city's core is so badly needed 100 years after the Civic campus was first developed.

But residents concerned about the use of the Central Experimental Farm for the project weren't going to let that happen.

The Coalition to Protect the Central Experimental Farm set up a booth inside, with information about the project's impact on the farm.

The main concern is that several key research fields would be destroyed.

There's no question the Civic campus needs to be rebuilt, and it needs about three times more land than the current 23-acre site on Carling Avenue.

As early as 2007, the hospital identified 12 sites big enough across the city, but a parcel at the Central Experimental Farm was considered ideal.

Former Conservative MP John Baird announced in 2014 it would be transferred for the project.

It's been a point of controversy ever since.

But with the Liberal win in October, Ottawa-Centre MP Catherine McKenna is now reviewing the benefits of the current site against three others, two of which are also on the farm, although not on the fields.

The fourth is at Tunney's Pasture.

> **"To destroy food production land is not necessarily good for health.**
> Dr. Clarke Topp

Many of the visitors to the conference centre on Coventry Road had concerns about location: Is it close to transit, is it central, is it accessible?

Resident Jevone Nicholas said he supports the Tunney's Pasture site because it's along the future light rail transit line.

MPP Yasir Naqvi wouldn't say what site he prefers, only that it needs to be "in the core."

Dr. Clarke Topp, a retired Agriculture Canada researcher, said he's "guardedly optimistic" the new Liberal government will "look at all factors, not just those that deal with their building."

"To destroy food production land is not necessarily good for health, too," Topp said.

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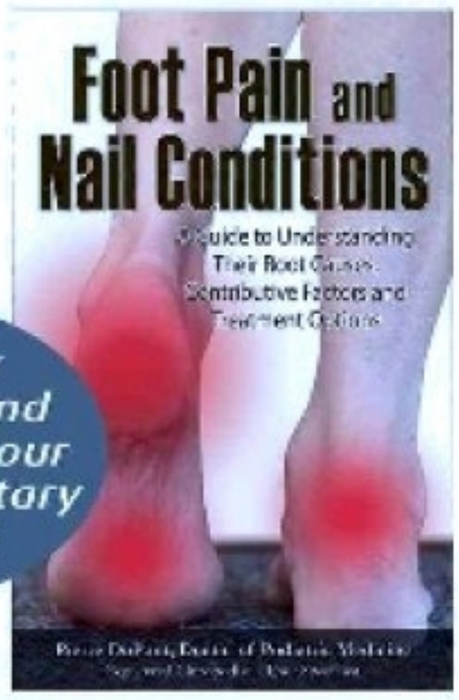

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5 WOMEN WHO INSPIRE IN OTTAWA

In honour of International Women's Day today, check out five local women making a difference, from a self-proclaimed "tool goddess" to one of Canada's pioneering female engineers. **EMMA JACKSON** METRO

1 Bettina Vollmerhausen

Bettina Vollmerhausen has been taking a sledgehammer to the barriers women face in the world of trades, home renovations and DIY projects. Vollmerhausen, co-founder of the Ottawa Tool Library, isn't much of a handywoman herself — she works more on the fabric side — but her startup in Hintonburg has become something of a safe space for women looking to rent tools, learn new skills and make connections in the DIY world. "We have a lot of women saying, 'I finally feel comfortable asking questions,'" Vollmerhausen said.

The library's Tool 101 workshop, while not marketed specifically to women, is hugely popular with women who are discouraged by husbands who "don't want them touching their fancy tools," Vollmerhausen said. She said young women especially are being awakened to the independence handy skills can offer. "**It gives them confidence**."

2 Karen Wilson

Karen Wilson wants women to stop making each other feel guilty for their career choices. As president of the Women's Business Network in Ottawa, owner of a marketing consultant firm and mother of a young son with autism, she said she doesn't believe the perfect work-life balance exists.

Instead, women need to figure out what works for them and own it. "**It doesn't look the same for any two people**," Wilson said. "My work-life juggle is very, very different than someone else's, and vice versa."

She said women's career accomplishments are often measured by the challenges they've had to overcome in their personal life, whether that's being a single mom or having three young kids at home. "It's not necessarily wrong, but it's unequal," she said.

She encouraged women entrepreneurs to support and partner with other female-led businesses in the city.

3 Diane Deans

Gloucester-Southgate Coun. Diane Deans was a stay-at-home mom when she was first elected to city council in 1994. She's been in office ever since, and she's still advocating for the same kinds of community-level services she wanted in the 1990s: local library branches, supportive family programming and a voice for everyday people around the table. But Deans is troubled by the fact that she's one of only four women on a 24-person council. "It's the lowest it's been in the 20 years I've been a member of council," she said.

The lack of women impacts the tone, the debate and even the agenda, she said: Women generally have a more co-operative approach to problem-solving, and right now council meetings are combative, she said. That in turn discourages women from running for office. "**I think it's my duty and responsibility to speak about gender equality at the council table** and encourage women to get involved in local government."

4 Kate McInturff

Ottawa researcher Kate McInturff specializes in gender equality and public policy for the Canadian Centre for Policy Alternatives. She's receiving a Femmy Award Tuesday at Library and Archives Canada in recognition of her work on equal pay, affordable childcare and equality in the workplace.

While she said gender equality is getting better, "**we haven't reached 50/50 yet for sure, and there's definitely work to be done**." Women still do twice as many hours of unpaid work — childcare, housework, caring for ailing parents — and are way more likely to stay out of the workforce because of it, she said.

McInturff said fixing the system "isn't rocket science" but buy-in is necessary from government and employers. Most employers don't mean to pay women differently than men, but if they look at their books they might well find they're underpaying their female staff. And that's costly for everyone, because "no one likes to be undervalued," McInturff said.

5 Monique Frize

Carleton professor Dr. Monique Frize was the first woman to graduate with an engineering degree in Ottawa. That was 50 years ago, in 1966, and her friends and family weren't too happy about it when she set out to break new ground for women in the field. But since then she's been a prominent member of the biomedical engineering community, working in hospitals to develop lifesaving technology.

In 1989 Frize became the first Women in Engineering Chair, a national position that became even more important after 14 female engineering students were gunned down at Ecole Polytechnique later that year. "It became a mission instead of just a job," Frize said. She's been active in encouraging women to pursue science careers ever since. On International Women's Day, she encouraged young women to believe in themselves — even if, like her, the university's dean called your dad to "talk some sense into your daughter."

"**You're better than you probably think, and just go for your goals**," Frize said.

U.S. pours it on for PM

DIPLOMACY

Trudeau's state dinner planned for months in tailored detail

One dinner. Months of planning.

On Thursday, Prime Minister Justin Trudeau will join the ranks of other leaders, from Queen Elizabeth II, to Indira Gandhi, to Mikhail Gorbachev, who have been feted at a White House state dinner.

"A lot of planning has to go into these events, which is why they are comparatively rare," a historian with the White House Historical Association told the Star.

The invites are done in careful calligraphy. The centrepiece floral arrangements are overseen by the White House floral designer. The china settings selected — there are seven to choose from for a full state dinner.

The meal, planned by White House executive chef Cristeta Comerford and executive pastry chef Susan Morrison, will run four or five courses and feature a personal touch to acknowledge the visiting leader.

Washington is preparing to roll out the red carpet for Trudeau and wife Sophie Grégoire-Trudeau to fete a Canadian leader in a way that hasn't been done for almost two decades.

Thursday's state dinner at the White House — a chic and relatively rare event — promises to grab the spotlight when Trudeau visits with U.S. President Barack Obama.

But it's the symbolism of the state dinner and the substance of Trudeau's Oval Office meeting with Obama scheduled for earlier that day that together signal the president's interest in making the visit a success, observers say.

"It's really clear ... the president has invested in this visit," said Paul Frazer, a former Canadian ambassador who now works as a consultant in Washington.

Canadian Prime Minister Justin Trudeau and his wife Sophie Gregoire arrive at the Commonwealth Heads of Government Meeting (CHOGM) in November 2015 in Malta. Washington is preparing to roll out the red carpet for the prime minister for a state dinner at the White House. GETTY IMAGES

> **It's really clear the president has invested in this visit.**
> Paul Frazer

"He wants this to be a success for the prime minister and for Canada-U.S. relations," he said.

In a town well-accustomed to the trappings of power and influence, these dinners still stand out. "They are not held very often so they are standout events from the usual receptions and other events that can take place at the White House," the association historian said.

The Canadian delegation gets 20 tickets. That delegation will include Foreign Affairs Minister Stephane Dion; International Trade Minister Chrystia Freeland; Defence Minister Harjit Sajjan; Environment Minister Catherine McKenna and Hunter Tootoo, minister of fisheries, oceans and the Coast Guard.

Jean Chretien was the last prime minister to enjoy a state dinner in 1997, then hosted by U.S. President Bill Clinton.

THE CANADIAN PRESS

60 MINUTES

Actress mistaken for PM's mother

Call it a 60 Minutes oops moment.

The venerable CBS newsmagazine aired a profile on Prime Minister Justin Trudeau on Sunday, and for the most part, it cast Canada's new leader in a glowing light ahead of his visit to the White House. But there was one noticeable gaffe in the piece.

Attentive Canadians took to Twitter and pointed out that as the CBS reporter was talking about the prime minister's parents — Pierre and Margaret Trudeau — the show displayed an old photograph of Pierre Elliott on a date with actress Kim Cattrall in 1981.

A 60 Minutes spokesman said the program regretted the error.

THE CANADIAN PRESS

Kim Cattrall and former PM Pierre Trudeau in 1981.
TORSTAR NEWS SERVICE FILE

Prime Minister Justin Trudeau holds two giant panda cubs at the Toronto Zoo on Monday. COURTESY JUSTIN TRUDEAU/TWITTER

ANIMALS

Pandas are little bundles of Hope and Joy

A pair of panda cubs born in the Toronto Zoo were hailed as a symbol of international co-operation as they officially received names that pay tribute to the country of their birth.

In a ceremony packed with dignitaries including China's ambassador, the zoo announced the male cub is named Jia Panpan, meaning Canadian Hope, while the female cub is named Jia Yueyue, meaning Canadian Joy.

The names were written on pink and blue signs and unveiled to great fanfare.

Prime Minister Justin Trudeau and Ontario Premier Kathleen Wynne were among those getting the first glimpse of the cubs, which have been held in a special maternity area.

Both posed for photos with the cubs — an opportunity Trudeau joked his children would envy.

The prime minister tweeted photos of himself cuddling the cubs but media outlets were not allowed to capture the private visit.

A spokeswoman said it was the zoo's idea to give the dignitaries a "unique experience."

"It was going to be a private (event), we had our photographer there as well who has taken pictures and each of their own photographers," said Jennifer Tracey, senior director of marketing for the Toronto Zoo.

"Just based on the number of media we had, we knew that we wouldn't be able to accommodate everybody and we had to do it very quick."

The cubs were brought to their outdoor exhibit after their names were revealed — their first time on display since their birth last October.

Trudeau said the pandas represent the growing bond between their host country and China, where they will eventually be returned, noting he had received a message of congratulations from his Chinese counterpart.

"The panda is a symbol of peace and friendship, which is fitting considering Canada's ever-growing relationship with China," Trudeau said.

The cubs marked their 100th day in January and are now considered to have survived their infancy. The cubs are set to be introduced to the general public this weekend. THE CANADIAN PRESS

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A woman should lead us: UN chief

EQUALITY

Climate official says exit of Ban Ki-Moon means the time is now

The United Nations' lead official on climate change says the next UN leader should be a woman, but she has no plans to seek the job.

Christiana Figueres, executive secretary of the UN Framework Convention on Climate Change, says a female candidate should succeed Secretary-General Ban Ki-moon when he finishes his second term this year.

But when asked whether she could be that woman, the 59-year-old Costa Rican diplomat told The Associated Press on Monday it was "not within my plans."

Figueres' role in shaping last year's long-awaited Paris Agreement to fight climate change has raised her international profile.

Four men and three other women so far have been nominated for the post. Figueres says she hasn't decided what to do after she leaves her job in July after six years in charge.

The Council on Foreign Relations, a U.S. think-tank , listed Figueres among its "women to watch" in the race for secretary-general, while Vogue magazine called her "one of the most promising" potential candidates.

Jean Krasno, a City College of New York professor who oversees a campaign to elect a woman as the next UN leader, described Figueres as "exactly the kind of secretary-general that we need, (someone) who can broker global agreements."

Figueres said it's "about time" that a woman gets the job.

She took the helm of UN climate change policy in 2010 and set out to persuade government, business and civic leaders to keep their faith that diplomacy could rein in climate-changing pollution. Chances for a deal improved in November 2014 when

Christiana Figueres
THE ASSOCIATED PRESS FILE

the world's top greenhouse gas polluters, China and the United States, jointly announced efforts to control their emissions. Figueres said she could see, by early 2015, that a global pact would be possible in Paris.

The Paris Agreement sets a collective goal of keeping global warming below 2 degrees Celsius compared to pre-industrial times, and to pursue efforts to limit the temperature rise to 1.5 degrees Celsius.

The Paris Agreement must be ratified by at least 55 countries.
THE ASSOCIATED PRESS

Prince William, Duke of Cambridge and Catherine, Duchess of Cambridge, laugh after the Duchess threw a snowball at Prince William during a private break skiing in the French Alps.

Catherine, Duchess of Cambridge and Prince William **with their children Princess Charlotte and Prince George.**

Prince William, Duke of Cambridge with his daughter Princess Charlotte.
ALL PHOTOS JOHN STILLWELL/AFP/GETTY IMAGES

SKI HOLIDAY

March break for the Royals

Kensington Palace has released photos of Prince William, the Duchess of Cambridge and their children George and Charlotte on a ski holiday in the French Alps.

The six images published Monday show William, Kate, 2 1/2-year-old George and 10-month-old Charlotte on the snowy slopes last week.

The palace says it was "their first holiday as a family of four and the first time either of the children had played in the snow."

Two photos show the royal couple having a playful snowball fight.

The release of the pictures follows a media policy established when William and his brother Prince Harry were children: privacy in exchange for agreed-upon photo opportunities at birthdays and during school holidays.

That allowed the princes to have — by royal standards — a relatively normal upbringing, something Kate and William are keen to give their own children. THE ASSOCIATED PRESS

FRANCE

Aid group sets up migrant camp

Doctors Without Borders did something in France on Monday that aid groups normally do in much poorer, more troubled places: opened a humanitarian camp for migrants.

More than 1,000 people fleeing conflict and poverty in the Middle East and Africa have been living in squalid shelters in a muddy field near the English Channel shore, hoping to sneak across to Britain. Local authorities say the number includes 74 children.

About 150 people abandoned the camp in Grande-Synthe, near Dunkirk, to move Monday to wooden sheds with access to toilets and electricity built nearby by Doctors Without Borders, spokesman Samuel Hanryon said.

Families pushed luggage and piled bags on buses taking them across town to the new site. The aid group, known by its French acronym MSF, hopes hundreds more will join them in the coming days.

2.5M euros

The camp, which cost 2.5 million euros to construct, comprises four-person sheds and access to showers, kitchens and electricity.

The move is part of efforts to improve conditions for thousands of migrants who have converged on northern France amid Europe's migrant crisis.

It's MSF's first such camp in France — a sign of how bad things have become for the migrants in Grande-Synthe, whose camp is even more rudimentary than one dubbed the "jungle" in nearby Calais.

A few police guarded the area but did not take part in Monday's move.

In Calais, authorities are gradually evicting residents of part of the "jungle" camp and trying to get them to seek asylum in France or move to cleaner container facilities. A few Calais migrants came to the new MSF site Monday, Hanryon said.

Hundreds of Calais merchants and residents, meanwhile, converged on Paris on Monday to seek government help because the local economy has suffered amid the migrant crisis. A presidential adviser announced a new hotline to help struggling Calais businesses.
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Avoid friends to save: Study

SHOPPING

Frugal people found to spend more when out with others

Your friends might be your worst enemy if you're hoping to save money, a new study shows.

Frugal shoppers, when they were with higher-spending friends, spent more money than they would on their own, the study, conducted by Dr. Seung Hwan (Mark) Lee at Ryerson University, found.

It's a reversal of the usual image of frugal shoppers as staunchly independent purchasers who are immune to social pressure, said Lee, an associate professor at the university's Ted Rogers School of Retail Management.

"A lot of the frugality literature talks about how they are resistant to it, but ... it's not necessarily the case," Lee said.

The inspiration for the study came from Lee's personal experience. Though he considers himself very frugal, Lee noticed he would spend more money than he liked when he went out with certain friends.

Thrifty shoppers might not notice they're spending more than usual if they're comparing their spending to that of their friends, says Dr. Seung Hwan (Mark) Lee at Ryerson University. ISTOCK

In his study, Lee had participants order from restaurant menus, telling them a company was trying to understand dining habits. They were asked to choose an ideal meal they would have with friends.

If those friends were also frugal, the frugal participants spent $10 on average. But if the friends were big spenders, frugal participants spent $15 on average. Non-frugal participants spent around the same no matter what their friends spent.

It's possible that frugal shoppers might not notice they're spending more than usual, Lee said, if they're comparing their spending to that of their friends.

"It might not be that we're spending just as much as all of them. All my friends could be spending $25 on a meal. I could be spending $15, but that's still more than I would have spent in my normal daily life," Lee said.

Lee doesn't know how much the restaurant setting influences spending decisions. He said it's possible there's a heightened sense of social pressure when eating that might not exist in retail, especially when splitting a bill.

"When you're shopping, you don't really buy for other people. You're not sharing your electronics that you're about to buy," he said.

But there are certain techniques retail stores can use that emulate that group-spending feeling, like coupons that require multiple people to buy in at once.

"If you're just a customer when you're buying for yourself, you have that control. But if you encourage group buying, you have a mix of influence ... that may rub off on frugal customers," he said.

TORSTAR NEWS SERVICE

RETAIL TRICKS

Some ways retailers try to get you to spend more.

- **Removing the dollar sign from menus:** A Cornell university study found people pay more when they only see a number and no dollar sign.
- **Decoy pricing:** Creating a decoy option makes people choose a more expensive one. Given two options to subscribe to a magazine — web for $59, or print and web for $125 — most people chose the cheaper one. But add just print for $125 and most chose the print and web option because it seemed like the best deal.
- **Reduce the font size:** Items with price tags in smaller font sizes were more likely to be bought than prices in big fonts.
- **Anchoring:** How to sell a $700 handbag? Put a $2,000 handbag next to it. People will latch on to any number presented to them as an anchor from which they make their decision.

INVESTING

Women identify as savers, not investors, study finds

A new report by investment firm BlackRock suggests most women lack confidence when it comes to making decisions on investing.

"We are seeing more and more women categorize themselves as savers versus investors and they're sitting on the sidelines in cash," says Karrie Van Belle, managing director at BlackRock Canada.

"Over time, cash is likely not going to get you where you need to get to for your retirement."

The BlackRock survey found that of those polled who have started saving, men have saved nearly double what women have.

"What we need to be helping women do is have a bit more confidence to take those first steps, ask those questions, get invested and understand the priority they need to put behind it," she said.

63%

The percentage of women who said they were "not knowledgeable about investments."

The poll found 44 per cent of women reported confidence in their financial decision-making, compared to 55 per cent of men. As women get older, however, they gain confidence in their financial savvy and close the gap with men. By the time are in the 65-74 bracket, 67 per cent of women are confident in their investing decisions while 68 per cent of men are.

The survey found 78 per cent of women identified themselves as savers compared with 22 per cent who thought of themselves as investors.

It also found that 63 per cent of women stated they are "not knowledgeable about investments." Women were also more likely than men to agree with the statement that they needed more information before they were willing to invest.

The results were based on BlackRock's Global Investor Pulse online survey that interviewed more than 31,100 respondents around the world, including 2,000 in Canada between July and August 2015.

The polling industry's professional body, the Marketing Research and Intelligence Association, says online surveys cannot be assigned a margin of error because they do not randomly sample the population.

THE CANADIAN PRESS

> "Over time, cash is likely not going to get you where you need to get to for your retirement."
> Karrie Van Belle

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EMMA TEITEL: ON WIDENING THE WOMEN'S MOVEMENT

A lot of people harbour feminist values; they just don't want to be associated with the word feminist or the culture around it. The reason may be patriarchy. But I suspect it is also orthodoxy from within.

It's easy to be cynical about International Women's Day, an event rooted in radical socialism (one of the first Women's Day events was organized in 1909 by the Socialist Party of America), that is — in its current form — about as politically radical as a Santa Claus Parade.

After all, the celebration's modern proponents include Coca-Cola, Exxon Mobil, and of course Dove cosmetics — always there to remind you that "you are beautiful," even when you haven't slept in two days and you have a zit on your chin the size of Gibraltar.

But if you can get past the insipid social-justice grandstanding by corporations and celebrities, International Women's Day is kind of like feminist Yom Kippur: a perfect occasion for reflection and repentance.

It is a day on which everyone has a certified excuse to ask herself: What's going well in the world for women and what still sucks? And most importantly: What can we do to make it better?

So let's expound on the good news first.

Whatever your feelings about eternally sunny Justin Trudeau and his wife's ill-timed a capella scatting, the federal government has done some very decent things for womankind of late.

For example, just yesterday International Development Minister Marie-Claude Bibeau announced that Canada will contribute $81.6 million under the United Nations Population Fund in support of women's health services in developing countries — including existing abortion services.

We are also committed, evidently, to gender parity in cabinet, a new norm instituted last year by the prime minister, who joined the ranks of modern heroes Daniel Radcliffe (Harry Potter) and Patrick Stewart (Captain Picard) when he publicly declared himself a feminist.

Despite the grumblings of jaded conservatives, this is no small thing. Just as it is hugely significant for black American kids to grow up with a black president in the White House, and gay Ontarians to grow up with a lesbian premier at Queen's Park, it is also hugely significant for Canadian girls — and boys for that matter — to grow up with a self-avowed feminist at 24 Sussex — or Rideau Cottage — or wherever Trudeau happens to be living at the moment. (Perhaps he is staying with his "other" mother, Kim Cattrall).

cent of Canadian women do not call themselves feminists; similarly a global poll conducted by Ipsos in 2014 indicated that only 17 per cent of Canadian women identified as feminist.

This finding is especially bizarre because the study showed significant support for equal rights between the sexes on questions where the issue of feminist identity wasn't present. Which means: A lot of people harbour feminist values; they just don't want to be associated with the word feminist itself, or the culture around it.

NO FEAR OF THE F-WORD Prince Harry, Prime Minister Justin Trudeau, actor Joseph Gordon-Levitt and comedian Aziz Ansari are among the modern men who heroically self-identify as feminists, Emma Teitel writes. GETTY IMAGES

But Trudeau's self-professed feminist designation is important most of all because the adverse realities for women — from crappy work-life balance in institutions built by and for men to an abysmal sexual assault report rate — will never turn around if engagement and identification with feminism remains dismally low.

Which brings me to the bad news: While feminism in Canada has an exceptionally loud voice — thanks in large part to social media — it has a depressingly narrow reach. A survey of 1,000 Canadian women aged 35-45 conducted by Chatelaine magazine late last year revealed that 68 per

The reason for this may be patriarchy at large, as many within the movement profess. But I suspect it is also orthodoxy from within: namely an obsession with ideological purity and a rush to shame newcomers who don't cleave to the party line — or who merely have questions about the party line.

To quote a friend who has strong feminist ideals but is afraid to engage with the issues in a bigger way online, namely because her thinking on gender wage gap differs from the status quo: "I would be shunned. I would probably be labelled anti-feminist. And some would probably attempt to cyberbully me into submission."

This is a person who asked to remain anonymous not because she fears ramifications from her employer, the police or some criminal entity, but from other *feminists*. That's a problem.

Is it a bigger problem than abortion access, childcare or sexual assault? Of course not. (And no, she doesn't realistically believe other feminists pose a threat to her physical safety).

But if we want to expand our ranks and thus the likelihood of our success, perhaps it's time we issued a moratorium on the knee-jerk condemnation of women whose ideas and language aren't ideologically pure — but whose hearts are in the right place. Perhaps then, our reach will be as wide as our voice is loud.

Happy International Women's Day.

Male Feminists à la Justin Trudeau:

Prince Harry: The royal is involved with a number of women's causes, including CHIME for Change, a charity concert seeking to empower girls and women.

Joseph Gordon-Levitt: The actor is a proud feminist. In his own words: "What feminism means to me is that you don't let your gender define who you are."

Mark Ruffalo: The Spotlight actor is a vocal advocate for women's reproductive rights.

Barack Obama: The president's 2014 State of the Union address was famously feminist. In his own words: "It's time to do away with workplace policies that belong in a Mad Men episode."

Aziz Ansari: The comedian came out as a feminist on the David Letterman show last year.

Emma Teitel is a national columnist for the Toronto Star.

ROSEMARY WESTWOOD

metroview

Recently in sexism: Barristers, buses and busts edition

Welcome to another "What's new in latent and not-so-latent sexism," your brief, necessarily incomplete (there's so much to choose from!), talking points for Twitter fights.

No really, you should care: It's International Women's Day!

1. "Woman gropes man's genitals over his clothing while he sleeps on public bus" read no headline, ever. But a woman in Halifax was sexually assaulted in just such a way late last month.

Positive spin: She's reported the assault to police and is talking to the media to make sure her assailant knows "who I am, and that I have a life, and that I'm not just some random person on a bus."

Actually, she's a single mother of two and a full-time student, hence the dozing off.

"We need to start treating women with more respect because we are not objects," she said.

2. Female criminal lawyers are leaving their field in droves, driven by factors ranging from child-care issues (and challenges returning to work post-maternity leave), financial struggles, and "differential treatment" by lawyers and crown attorneys, a.k.a., sexist treatment.

Some still get called "little lady," a detail that, when I heard it on the radio, convinced me I was listening to historical tape from the 1990s. Au contraire, silly me! In their study, the Criminal Lawyers Association found a 72 per cent attrition rate among female lawyers, and suggest, among other things, a few more women on the bench would help (nationally, 63 per cent of judges are men).

3. New Statistics Canada numbers crunched for the Globe and Mail found women make 73.5 cents for every dollar a man makes in Canada.

That's not really a headline, so much as a stubborn reality. Differences in salaries for typically female vs. typically male jobs are blamed, but women are also more likely to work low-wage jobs, experience poverty and make less than men in their fields (not only do male professors outnumber women two-to-one, but a 2014 McMaster study found they make about $2,300 more).

4. Finally: sexism in statues. Of the five most recent public-art statues erected in Toronto, only one is a woman. To be specific: solely her head. The late writer Gwendolyn MacEwen apparently didn't warrant the full-body treatment, unlike the man immortalized. Men are vastly overrepresented in city sculptures generally, and also far more likely to be clothed.

And that concludes this second instalment. Good luck to us all.

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Joseph Gordon-Levitt drops out of Sandman film saying he and studio don't see "eye to eye"

DONTAE RICHARDS-KWOK, 26
SPRINTER, 100 & 200 M
6 feet, 175 lbs.

7:30 a.m. (breakfast): A couple hard-boiled eggs, fruits and a smoothie — usually one or two fruits plus spinach, kale, and some seeds. **9:15 a.m.** Training for 2-3 hours. **12 p.m. (lunch)** omelette (diced peppers, tomatoes, ham, spinach, cheese) and/or salad, water or electrolyte drink. **2:15 p.m.** Back to gym. Lift session for about an hour and a half. **3:30 p.m.** Stretch, therapy, recovery session for an hour **5 p.m.** Protein shake. **7 p.m. (dinner)** If I'm eating carbs, usually pasta with a salad. If I'm not eating carbs, I'll have a larger salad with a grilled chicken breast or a steak. **10 p.m.** Stretch, self-calibration

STEVE RUSSELL/TORSTAR NEWS SERVICE

Eating to win

HEALTH

Nutrition for athletes is more than just carb loading

As a time-strapped student athlete, volleyballer Kristina Valjas' go-to fuel was a bowl of Kraft Dinner or a bag of chips. Cheap, easy and tasty, but the junk diet eventually caught up with her.

"The turning point was the shin splints. It was extreme pain," said Valjas, now 28 and a beach volleyball player with Canada's national team. She'd developed bone density issues, partly due to a calcium deficiency.

What athletes eat can mean the difference between high level success and body breakdowns, but it takes time, effort and education to get it right, say dietitians and athletes. This can be tricky in a world where some seem able to eat whatever they want, but athletes say as they age, they know what works for them and what doesn't. "It's, like, immediate now for me," said Melissa Tancredi, a member of the Canadian women's national soccer team who lives in Vancouver. "I'll know right after I eat something (unhealthy) like, oh that wasn't good. Your body's like, no, I feel awful ... You feel sluggish, you feel tired."

Tancredi (pictured right), now 33, admits she paid little attention to what she ate as a young athlete, but now credits healthy eating with helping her to perform at her best in her 30s. She mainly sticks to organic meats, fruits and vegetables — though she's not averse to a rich curry. The main thing sports dietitian Melissa Kazan notices with her athletes at the Canadian Sport Institute of Ontario is that they don't snack or plan ahead enough. Kazan teaches her athletes to pack healthy snacks, such as granola bars, soy milk packs or chocolate milk, and she advocates for an "everything in moderation" approach to eating.

"We always think, athletes, all they eat are carbohydrates or high carbohydrate diets — it really has to be varied," she said.

Kazan said when an athlete's training load is high at the beginning of the season, they're likely eating more carbohydrates but as training sessions are tapered throughout the season, carbohydrate intake typically drops.

Protein and fat intake typically remains the same, she said.

As for how many calories athletes consume, it depends on the athlete and the sport, said Kazan. Male swimmers competing at the national level might consume 6,000 calories per day.

The day's schedule might also affect what an athlete eats, she said. Someone who can get away with eating greasy foods on a training day won't be able to do so on competition day, said Kazan, since fat is a heavy nutrient to digest. "You have to realize that saturated fats, sugars and the rest of those not-as-great nutrients ... still have the same effect on the body, whether you're a runner, whether you're an endurance athlete or not," said Andrea Falcone, a registered dietitian and fitness professional. "The best fuel is going to give you the best output." TORSTAR NEWS SERVICE

MELISSA TANCREDI, 33 CANADIAN WOMEN'S NATIONAL SOCCER TEAM 5-foot-7, 170 lbs.

8 a.m. (breakfast): 2 eggs, 2 pieces of gluten-free toast, cup of spinach sautéed in light olive oil, Raspberries + blueberries, espresso. **11 a.m.** 1 hour of striker training; finishing, footwork, sprints. **12 p.m.** Protein shake; coconut meat, coconut oil, coconut water, biosteel vegan protein. **1 p.m. (lunch)** Chicken and veggies, rice. **4 p.m.** Conditioning, usually HIT intervals or weight circuit. Snack right after training: almond, cashew, dried mango mix. **5 p.m.** Protein shake. **7:30 p.m. (dinner)** Salmon, grilled asparagus, baked Brussels sprouts, spring mix salad with chopped almonds, cut-up strawberries, fresh feta, balsamic vinegar + olive oil dressing. **9 p.m.** Decaf tea. Maybe a snack of plain Greek yogurt and almond butter. **To drink:** 3 L of water or more.

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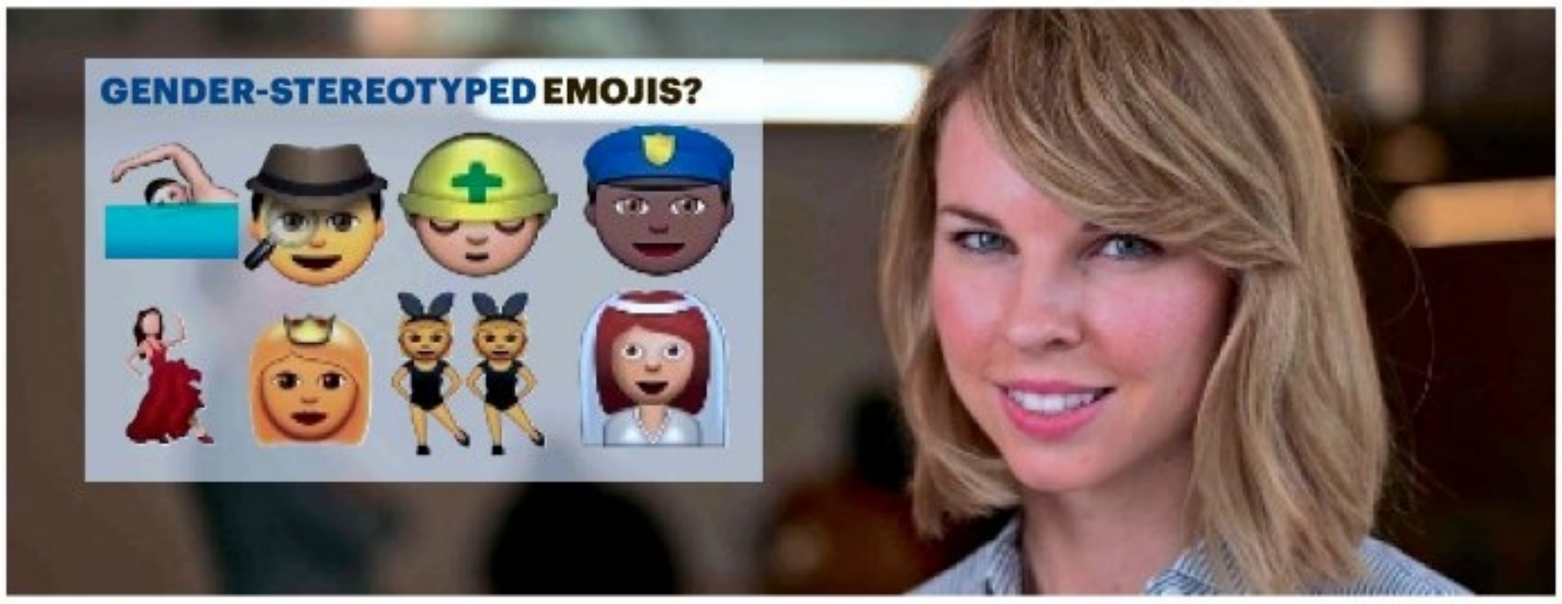
Fighting sexism through emojis

TECHNOLOGY

Survey sparks talks of more progressive emoting icons



Heather Payne, CEO of programming bootcamp HackerYou calls the emoji stereotypes 'super subtle.' TORSTAR NEWS SERVICE

Men can be police officers, detectives or construction workers. Women can be brides, princesses or bunny ear-wearing dancers.

At least, according to emojis.

This issue of gendered stereotypes perpetuated by emojis and the subtle limitations stereotypes placed on young girls is the focus of a video and survey from Always brand feminine hygiene products. The video — part of a campaign to promote confidence in young girls — shows girls sadly realizing many of their favourite female emojis only wear pink, and that few are playing sports and none are represented in professional roles.

The Always survey, conducted by MSLGROUP public relations firm, included responses from 1,000 American women aged 16 to 24 who were asked questions about their attitudes toward and use of emojis. The online questionnaire found that 75 per cent of respondents want to see female emojis portrayed more progressively and 67 per cent said the available emojis imply girls are limited in what they can do.

"If you scroll through the emoji options ... there is a lot of pink and hearts and lipstick, kisses, a pink purse — a lot of emojis that are very stereotypically girly," said Heather Payne, CEO of HackerYou, a Toronto-based programming boot camp. "Why isn't there a police officer with a female haircut?"

Payne called the perceived stereotypes "super subtle."

"A lot of people wouldn't even notice until the moment you're trying to use an emoji that represents (you)," she said. "If we're trying to move society forward, it probably makes sense to have emojis that represent everybody."

So why can't Apple just pop a ponytail on the side of a police helmet?

It's not that simple.

Emojis are regulated by Unicode Consortium, a non-profit organization committed to developing, maintaining and promoting software internationalization standards and data. The organization is responsible for ensuring the images appear similarly across different platforms, but each platform — such as WhatsApp, Gmail or Facebook — decides exactly how the emoji appears, explains Montreal-based linguist Gretchen McCulloch, who is writing a book about Internet language.

"What the body looks like is not up to Unicode, necessarily, but the people who make the graphic art," McCulloch said. "Unicode doesn't mandate the girls to be in pink. That was a decision on the part of Apple's graphic design team."

So while Apple's "dancer" emoji portrays a woman in a red dress, Google's depiction is a yellow blob with a rose in its mouth.

In general, it appears Google prefers using gender-neutral images when Unicode doesn't specify "male" or "female," while Apple chooses more gender-specific images, said McCulloch.

Apple declined to comment on details of emoji design or respond to criticism when contacted, but said the company adheres to the Unicode standard.

But regardless of how platforms choose to depict emojis, Unicode's modifiers have helped bridge identity gaps in the past, notably when skin tone modifiers were added last year.

Indeed, gender modifiers may soon be on their way.

In a recent draft portend, Unicode unveiled draft plans to implement gender variants to emojis. This means one day a running man could be transformed into a running woman, however, the initiative is a draft and Unicode is still soliciting feedback.

TORSTAR NEWS SERVICE

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International Women's Day is to celebrate the work that's already done but also to acknowledge the work that's still ahead. ISTOCK

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This year step up for gender equality

INTERNATIONAL WOMEN'S DAY

Setting targets for women's rights internationally

Will McGuirk

International Women's Day is being celebrated today and the theme this year, set by the United Nations, is Planet 50-50 by 2030: Step It Up for Gender Equality.

Some key targets are equal access to quality education, elimination of genital mutilation and forced marriage.

But at a time where half of Prime Minister Justin Trudeau's cabinet is female, the interim leader of the opposition and three premiers are female and business, cultural and social leaders are female, we can ask what relevance the day has.

The Women's Movement over the last century resulted in the opportunity for women to live their life, their way (and in a time where transgender issues are high profile).

In 2016 what does being a woman even mean, and for that matter, what does being a man mean? Why dedicate a day?

The answer lies in the word 'international.' Internationally, many women have little to no control over their own lives. Internationally, "50/50" are the odds of survival for women in many places. Internationally, women are denied access to health care, education, the right to vote and even the right to decide their own destiny.

Women and girls make up 80 per cent of people being trafficked in the sex trade and millions of girls as young as eight years old will be married off in 2016.

Women and girls are dying to get into the West, risking their lives crossing seas in weak-sided rafts.

It may be that internationally women do not have the luxury of an identity crisis. It may be that men will have to redefine what being a man is first before women can progress further globally. Perhaps it's time to admit being a man means sharing the planet with women equally, as partners, 50/50.

Trudeau said last year his cabinet is 50/50 because "it's 2015". International Women's Day is for women to celebrate work done but also for men to acknowledge the work they still have ahead.

It's 2016; time for men to stand up and offer their seat at the table to women. That as your mom taught you, would be the gentlemanly thing to do.

Enhance your knowledge of food, nutrition

The one-year food and nutrition management program at Algonquin College is an Ontario graduate certificate program that is geared towards graduates of culinary management or hospitality management (hotel and restaurant) programs.

Students are provided the academic training required to work in the growing healthcare food-services sector including long-term care facilities, retirement homes and hospitals, but also gain knowledge that can translate into other food-related industries.

When Algonquin College graduate Jane 'Tilly' Hartshorn enrolled in the food and nutrition management program, she already had a fair amount of experience in the field.

From Sussex, UK, Hartshorn had worked as a food journalist, food stylist, new recipe and product developer for magazines, books, television, grocery stores and advertising, but was looking to enhance her knowledge in the food and nutrition management knowledge and upgrade her skills through training at

CONTRIBUTED

Algonquin College.

"I would highly recommend this course to anyone who is seeking skills that can be used in a variety of positions, whether in the food service industry or further afield," says Hartshorn is now food and props stylist for Lorraine ITV.

"I feel knowledgeable and equipped to face any challenge within the employment world, with my newly acquired transferable skill set."

The curriculum covers physiology, advanced normal nutrition, clinical nutrition, food modification, quality management of sanitation and safety procedures, labour relations, food service management of health-care standards, financial, and business management and facilities design. For more information, visit algonquincollege.com/future-students/postgrads.

Make your mark on the world

Are you ready to take you and your career to the next level? Discover Saint Paul University (SPU)'s graduate programs in conflict studies and public ethics and make a profession out of your passion.

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Located in the heart of the nation's capital, SPU (established in 1848) is the founding college of the University of Ottawa, with which it has been federated since 1965. A bilingual institution, it offers undergraduate and graduate study programs.

Proud of its rich heritage, over the years SPU has evolved into an institution whose

ISTOCK

primary focus is on the multiple facets of the human experience. Not surprisingly, that priority is reflected in the current study programs: in addition to the founding disciplines — canon law, philosophy, and theology — SPU offers courses in social communication, counselling and psychotherapy, public ethics, conflict studies, and human relations and spirituality.

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Saint Paul University is the founding college of the University of Ottawa (1848), with which it has been academically federated since 1965.

metro SPORTS

Calgary wrestling legend Bret (The Hitman) Hart says he is 99 per cent sure he has beaten prostate cancer

Manning calls end to 18-year career

NFL

Five-time MVP retires with two Super Bowl titles in tow

His voice cracking with emotion, Peyton Manning said goodbye to the game he loved at a news conference packed with friends, family and laughter.

He threw in some Scripture, some fond memories and even a dig at Super Bowl 50 MVP Von Miller, whom he thanked for taking a break "from your celebrity tour to be here today."

He ended it with his signature "Omaha!" and then posed for pictures with more than a dozen of his former teammates with the Indianapolis Colts and Denver Broncos, each of whom he helped win a Super Bowl.

Manning, who turns 40 this month, said the timing was simply right to call an end to his 18-year NFL career.

"I thought about it a lot, prayed about it a lot ... it was just the right time," Manning said. "I don't throw as good as I used to, don't run as good as I used to, but I have always have had good timing."

He came to Denver on March 20, 2012, for the chance to win another title in the twilight of his career and GM John Elway had the blueprints.

Four years later, he hobbles away a champion just like his boss did 17 years ago.

Elway thanked Manning for coming to Colorado for the second chapter of his brilliant career, saying he made his own job easier, noting that with Manning living here, free agents were basically asking Elway "where do I sign?"

Manning went 50-15 in Denver, leading the Broncos to four AFC West titles, two Super Bowl trips, one championship and in 2013 guided the highest-scoring offence in league history — all after retraining himself to throw after a series of neck fusion surgeries forced him to miss all of the 2011 season and led the Colts to cut him. THE ASSOCIATED PRESS

Just shy of 40, Peyton Manning will forgo $19 million and a 19th season in the NFL.
DAVID ZALUBOWSKI/THE ASSOCIATED PRESS

If there is a list of achievements needed to attain greatness you've checked every box.
Broncos president Joe Ellis

CURLING

Simmons suffers first loss of Brier

Team Canada has its first loss at the Tim Hortons Brier.

Pat Simmons dropped a 6-4 decision to Adam Casey of Prince Edward Island on Monday afternoon at TD Place.

The result left Northern Ontario's Brad Jacobs (3-0) as the lone unbeaten team in round-robin play. Jacobs and Simmons were scheduled to play on Monday night.

Brad Gushue of Newfoundland and Labrador defeated Saskatchewan's Steve Laycock 7-5 and Alberta's Kevin Koe edged Jamie Koe of the Northwest Territories 8-7 in an extra end.

B.C.'s Jim Cotter defeated Ontario's Glenn Howard 9-5 in the other afternoon game.

Simmons, Gushue and Kevin Koe were all 3-1 after six draws. Manitoba's Mike McEwen was next at 2-1 while Cotter and Howard were 2-2. THE CANADIAN PRESS

In this Brier, if you give an inch — and we gave a few out there — they're going to bite you
Canada third John Morris

COURT

Andrews awarded $55M in lawsuit

A jury awarded Erin Andrews $55 million on Monday in her lawsuit against a stalker who bought a hotel room next to her and secretly recorded a nude video, finding that the hotel companies and the stalker shared in the blame.

After a full day of deliberations, the panel said the stalker was responsible for 51 per cent of the blame and the two hotel companies would share the rest, which comes out to nearly $27 million.

Andrews, a Fox Sports reporter and co-host of the TV show Dancing with the Stars, wept as jurors announced the verdict.

Jurors heard directly from Andrews, who testified that she was humiliated, shamed and suffers from depression as a result of the video, which has been viewed by millions of people online. THE ASSOCIATED PRESS

HARD TIME

Michael David Barrett was sentenced to serve 2-1/2 years in prison after admitting to stalking Andrews in three cities.

TENNIS

Sharapova reveals she failed drug test

Tennis star Maria Sharapova says she failed a drug test at the Australian Open.

The five-time major champion took full responsibility for her mistake when she made the announcement at a news conference Monday in Los Angeles. The former world No. 1 could face a lengthy ban from the International Tennis Federation.

"I know that with this, I face consequences," Sharapova said. "I don't want to end my career this way, and I really hope I will be given another chance to play this game."

The 28-year-old Sharapova said she tested positive for meldonium, which she said she has been taking for 10 years for numerous health issues. Meldonium, thought to be widely used by Russian athletes, became a banned substance this year under the WADA code. Sharapova claimed she didn't notice its addition to the banned list.

"I take great responsibility and professionalism in my job, and I made a huge mistake," Sharapova said. "I let my fans down. I let the sport down that I've been playing since the age of four, that I love so deeply."

Meldonium, also known as mildronate, is a Latvian-manufactured drug popular for fighting heart disease in former Soviet Union countries. Meldonium treats ischemia, or lack of blood flow, but can be taken in large doses as a performance-enhancer that increases exercise capacity. THE ASSOCIATED PRESS

Maria Sharapova
PETER PARKS/AFP/GETTY IMAGES

IN BRIEF

Dickey, Saunders lead Blue Jays past Braves

R.A. Dickey tossed three scoreless innings, Michael Saunders hit his third homer in as many games and the Toronto Blue Jays defeated the Atlanta Braves 3-1 on Monday.

Dickey allowed one hit to Gordon Beckham to open the third and threw 31 pitches with one walk.

Saunders, who homered twice and drove in five runs during Saturday's victory over Philadelphia, connected for a long solo shot to right field in the third. THE ASSOCIATED PRESS

Talbot, Scheifele, Burns named three stars of week

Edmonton Oilers goaltender Cam Talbot, Winnipeg Jets centre Mark Scheifele and San Jose Sharks defenceman Brent Burns have been named the NHL's three stars of the week.

Talbot went 3-0-0 with a 0.65 goals-against average, .981 save percentage and one shutout to backstop the Oilers to three wins in four games.

Scheifele led the NHL with six goals in four games, while Burns led all blueliners with six points in three games. THE CANADIAN PRESS

RECIPE Lemon Thyme Chicken Burger

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

These fresh and juicy burgers are fantastic with classic lettuce and tomato toppings but they're over the top with a good schmear of goat cheese.

Ready in
Prep time: 10 minutes
Total time: 20 minutes
Serves 6

Ingredients
- 1 lb ground chicken
- 2 Tbsp fresh thyme
- 1 Tbsp lemon zest (the zest of about 1 lemon)
- 1 Tbsp lemon juice
- 1 egg, whisked
- 1/2 onion, finely minced
- 1/4 cup breadcrumbs
- 2 tsp dijon mustard
- Salt and pepper
- 1 Tbsp vegetable oil
- 6 whole wheat rolls
- Toppings: Lettuce, tomato, goat cheese

Directions
1. In a large bowl, mix together the meat, thyme, zest, juice, egg, onions, breadcrumbs, mustard and salt and pepper.
2. Using your hands, form the mixture into six 3/4- to 1-inch thick patties. Hold a patty over a bun just to check that you've made them about the same size.
3. Heat up your pan or barbecue. Add a drop of vegetable oil to the pan if you're cooking on the stove. Cook patties over medium/high heat for about 5 minutes on each side. The internal temperature should be 165 to 170 degrees.
4. Time to add the extra bits of deliciousness. Top with tomato, lettuce and goat cheese.

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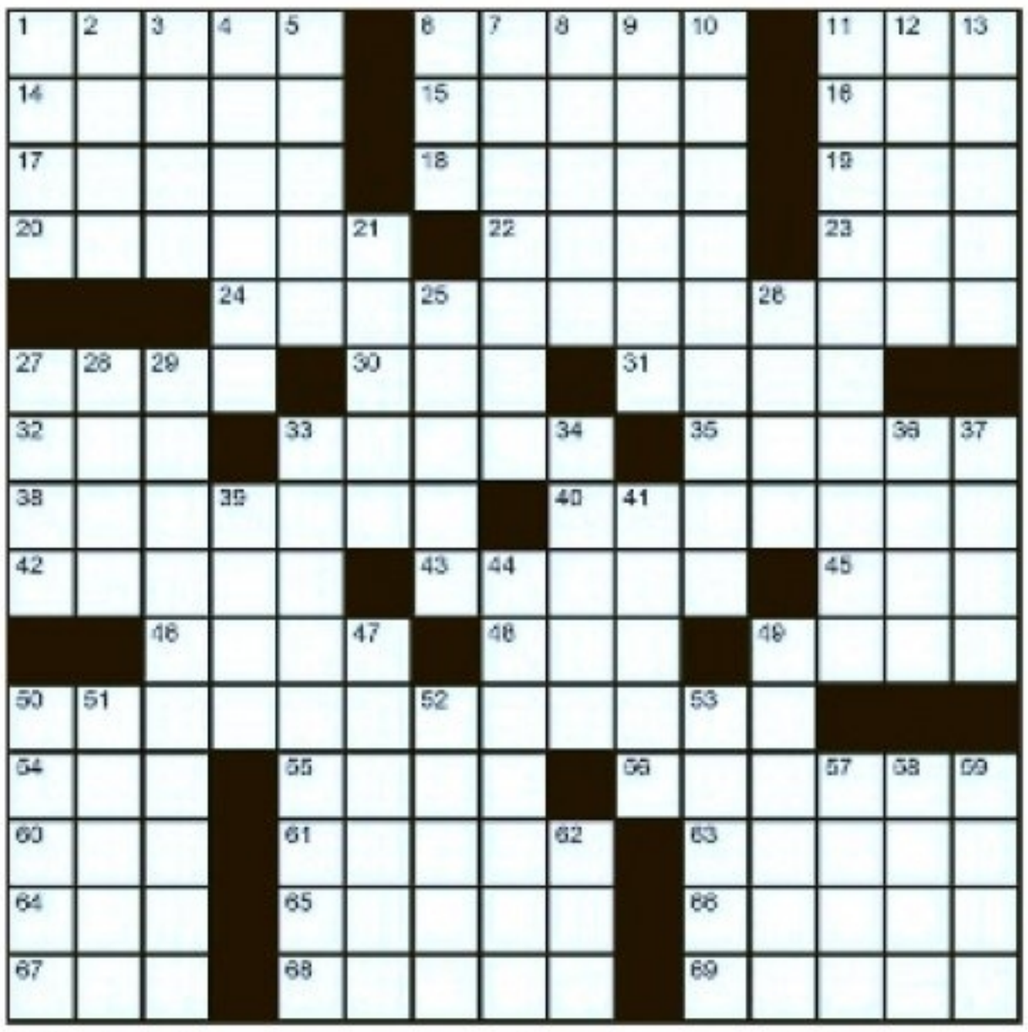
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Airborne attacks
6. Mikhail Gorbachev's late wife
11. French possessive
14. Extreme
15. Violin, e.g.
16. Religious song: "Lead __, _ King Eternal"
17. Jan __ (17th-century Dutch painter)
18. Specific-purpose committee 2 wds.
19. Expend
20. 'T' of BLT
22. "I'll Always Be There" singer Mr. Voisine
23. __-chah-nulth (People of the Pacific Coast of Vancouver Island)
24. Yellowknife-born actress who has famously portrayed Lois Lane in 'Superman' movies: 2 wds.
27. The basics
30. And, in Athens
31. Avery adhesive, Glue __
32. __-Jongg
33. Those sharing PEI writer L.M. Montgomery's 'M.' initial
35. Belonging to the mountain nymph of ancient Greek mythology known for her voice
38. Breaking free
40. Surpasses
42. Gladiator's 2,650
43. Discharge
45. '_' __ in Calgary
46. Diving birds
48. Numero __
49. The __ the limit (Anything is possible)
50. Eggplant dip: 2 wds.
54. Evian water
55. Honour
56. Mark
60. Electrical discharge
61. Canadian shoe stores
63. Ceremonial headdress
64. __ much (Few)
65. County in Ireland
66. Open, as a jacket
67. __-Caps (Candy)
68. Loretta's portrayer on film
69. Alberta town, __ River

DOWN
1. Corrode
2. Sax sort
3. Newspaper piece
4. Aspirations
5. __ Barbara, California
6. "Clothes Off" by Canadian singer/songwriter __ Mae
7. Human's replacement in outer space
8. Eric Clapton's "_ __ the Sheriff"
9. __ and bonds
10. Frank Gehry's gig
11. Band's pre-concert test
12. Arise
13. Sister: French
21. Mork's language on his planet
25. Give a guess
26. Monopoly roll-ees
27. __/__ radio
28. Ointment
29. __ Bay (Nova Scotia body of water)
33. Holder of the drink that goes with cookies: 2 wds.
34. __ __ evil, hear...
36. Showbiz personality Aubrey
37. Angry cat's noise
39. South American country [abbr.]
41. Deletes by making a crisscross marking: 2 wds.
44. Labrador Retrievers, for example: 2 wds.
47. "Would you like me to?": 2 wds.
49. __ Auditorium (Los Angeles venue which has hosted many award shows)
50. Lima and Kidney
51. Screenplay writer Mr. Sorkin
52. Luxury cars
53. Took notice: 2 wds.
57. Strip by the Mediterranean Sea
58. "Modern Family" star Mr. Stonestreet
59. Gift wrapper's need
62. Tofu base

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
A friend needs some reassurance and you are the one to provide it. A cheery word or two could be all it takes to pull them out of their mental and emotional nosedive and get them on the road to happiness again.

Taurus April 21 - May 21
You may not agree with what a loved one is planning but don't be critical. If you're negative it will only encourage them further, so you might as well stand back and let it happen.

Gemini May 22 - June 21
You have done some remarkable things of late but there could be a price to pay if you push yourself too hard. Be less relentless in your pursuit of fame and fortune.

Cancer June 22 - July 23
Is it possible to have too much of a good thing? Yes, so be careful over the next few days. Fun times are on the way — but if you go too far you may regret it health-wise.

Leo July 24 - Aug. 23
You may not be able to summon up a great deal of enthusiasm for what you have to do today but that's okay. You really don't have to make too much of an effort. Get others to make it for you.

Virgo Aug. 24 - Sept. 23
Let others make decisions for you today. If they make the right ones it will save you a lot of time and effort. If they're wrong then at least you'll have someone to blame.

Libra Sept. 24 - Oct. 23
Try to steer clear of issues you don't understand. If you make a small change in one area it could lead to a big change in another and it may not be the kind of change you enjoy.

Scorpio Oct. 24 - Nov. 22
Don't go to pieces if someone is critical of your performance today. Most likely they are just trying to help by pointing out where they think you have been going wrong. There is no need to get upset about it.

Sagittarius Nov. 23 - Dec. 21
You clearly have a lot on your mind and the last thing you need is to be bombarded with ideas and plans you know nothing about and care even less for. Keep yourself to yourself.

Capricorn Dec. 22 - Jan. 20
You have important things to take care of. Yes, they are boring and, yes, there are a dozen other things you would rather be doing, but you have responsibilities to live up to.

Aquarius Jan. 21 - Feb. 19
This is not a good day to take chances with money, so keep your cash in your pocket. Tomorrow's solar eclipse will transform your financial fortunes but for the next 24 hours you must not spend a penny.

Pisces Feb. 20 - March 20
It's OK to win but where you finish in the race is less important than the fun you had taking part. Let go of your competitive instincts today because they may be holding you back.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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	5						6	
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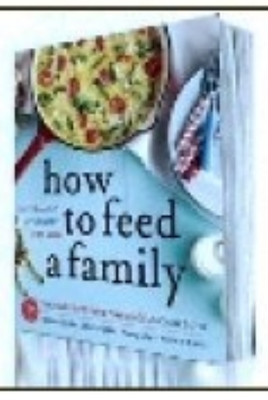

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Your daily crossword and Sudoku answers from the play page.
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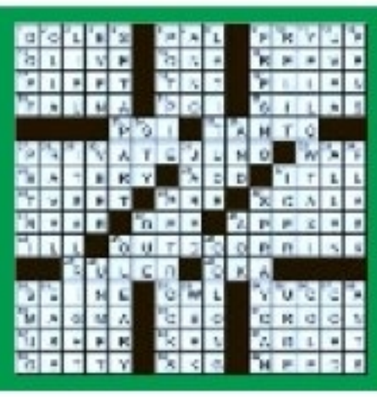

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7	3	4	2	6	1	8	5	9
8	2	1	9	7	3	6	4	5
3	5	7	4	8	6	1	9	2
6	4	9	1	5	2	7	8	3

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